

A MAGAZINE OF SUNSHINE

I, Your God, Lend You a Year
I Begin Life Anew
Faith Unyielding
New Worlds to Conquer
True Values and Proper Estimates
Out of the Clouds Came a Sunbeam

JANUARY 1931

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A PAGE OF INSPIRATION FOR EACH DAY

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

December 20 to January 19

In the quietness and confidence of the all-knowing Spirit of God within me, I am established in wisdom and understanding.

In the quietness and confidence of Thy Spirit within me I realize Thy abundant life, and I am healed.

My mind is stayed on Thee as my un-failing resource, and I am in all ways prospered.

Single copies of *Unity Daily Word* may be obtained at news stands, at 15 cents. Subscription, \$1.50 a year.

Unity School of Christianity also publishes *Christian Business, Youth, Wee Wisdom, Unity, and Weekly Unity*. Each subscription, \$1.50 a year. One other publication, *Unity Sunday School Leaflet*, is \$1 a year.

Requests for the ministrations of Silent Unity and love offerings for prayers for health and prosperity should be addressed to the Unity School of Christianity, Silent Unity Department.

Subscriptions, renewals, requests for prosperity banks, changes of address, book orders, or checks and money orders for publications should be sent to Unity School of Christianity, Publishing Department.

Entered as second-class matter June 13, 1924, at the post office at Kansas City, Missouri, under the act of March 3, 1879. Accepted for mailing at the special rate of postage provided for in section 1103, act of October 3, 1917, authorized June 13, 1924.

VOL. XIV
No. 1



JANUARY
1931

UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

THOUGHTS

Thoughts of God, so splendid, high!
Thoughts of good that satisfy,
Thoughts of Truth, enduring still,
Thoughts of light set on a hill,
Thoughts of inspiration's height,
Thoughts of peace both day and night,
Thoughts of love that casts out fear,
Thoughts of life right now and here,
Thoughts of strength and thoughts of health,
Thoughts of plenty and of wealth—
May such thoughts fill all my mind—
Thoughts for self and all mankind.

NEW WORLDS TO CONQUER

New worlds to conquer, new worlds of delight,
Worlds of joy 'waiting your word and your
might,

Worlds of new visions, of beauty and peace,
Worlds where there's harmony never to cease,
Worlds to discover, possess, and explore,
Worlds to be conquered, enjoyed, evermore,
Worlds you must master; ascend, then, their
throne,

Worlds that expect you to claim now your own.

Look within, friend, there are worlds yet to find,
Worlds of ideals to reveal in your mind!

Worlds yet uncharted, awaiting your will,
Worlds that with happiness you can instill;
Blessings, new thoughts, new ideas will stir
Deep in your mind, and great things will occur;
In the vast realm of the Spirit within,
New worlds will be shown to you—life will be-
gin!

When you have found, then, the worlds in your
soul,

Worlds all about you will roll and unroll;
Be not content to live bound to the past;
Be up and ready to claim and hold fast
Worlds that the Spirit within you will show,
Worlds filled with beauty, whose beauty you'll
know.

But, just remember, my friend, first to find
Worlds of ideals now hid in your mind.

I BEGIN LIFE ANEW



TO BEGIN life anew I am willing to give up every heavy and depressing thought of the past. I am ready to yield every thought that would bind me to the adverse and limited beliefs of yesterday. I cast from mind every thought that would hold me in bondage to the limitations of the past.

I cease to entertain thoughts of inharmony, fear, hate, disease, or lack. I am no longer in bondage to those beliefs which would cause me to lose sight of my perfect freedom and inner perfection in Spirit. I give up thoughts that would bind me to the personality of others or cause me to be affected by their limited beliefs. I begin life anew!

I give up the thought that persons, things, or circumstances can hold me to crystallized beliefs or conditions. I recognize no outer thing or circumstance as having power to limit or affect my ongoing. I rise out of the belief that I can be bound or limited by my environment. I recognize no claim of outer conditions as able to cause me to stand still or to go back. I advance in the might of my spiritual heritage. I begin life anew!

I greet this day as giving me an opportunity to lay hold of new blessings. Today I enter into a new world—one filled with new ideas, new ideals, new opportunities, new visions. I see the world as freed from the limitations that I have placed upon it in the past. I no longer think of it as my master or of myself

as bound by worldly things. I rise in the glory of my spiritual power, and proclaim my world as subject only to the will and word of the Christ within me. I begin life anew!

First, I see myself as I am seen in Spirit. I behold myself as freed from all bondage to race beliefs. I no longer look upon myself as created in the image and likeness of sin, imperfection, and failure. I know the truth that I am created in the image and likeness of God, my Father. I behold the Christ in me now coming forth as the outer manifestation of God's idea of my perfection. With this new and true concept of myself, I begin life anew!

I see my friends and loved ones as freed from the limited beliefs that I have had about them. I give up every adverse and personal belief about these dear ones, in order to see the Truth of God and His perfect will manifest. I cease to think of my associates according to the adverse and limited beliefs that I have entertained about them previously. I begin life anew!

I greet life today with the conviction and assurance that God is in His world as the all-pervading, all-reigning presence of good. I have faith in the good as mighty to remove every evidence of so-called evil. I believe in God's omnipotence and His omnipresence. I align myself with the forces of good, the power of God. Disregarding the claim of evil, I acknowledge God as the one Presence and one Power in my life. Going forth armed with the conviction of

my oneness with God, the good, I begin life anew!

I know that the power of God within me is mighty to defeat and overthrow every claim of any external power. I do not consider any problem of the world too difficult for God to solve. I can admit no claim of the external world as having more power than God within me, the principle of good, the law of Infinite Being. With the knowledge of the truth of my innate supremacy over things of the external world, I go forth this day beginning life anew.

I cease to think of myself as living in inharmony or discord. I live in a peaceful environment. I am surrounded by the blessings of God. On every hand I find a blessing, a blessing commensurate with the need to be supplied. I know that God gives to me in the way and according to the form that will most acceptably fulfill my needs. Assured of peaceful surroundings and established in the blessings and prosperity of God, I begin life anew.

I begin life anew today because I am established in the consciousness of new life, new health, and new strength. Gone are the old beliefs that would bind me to physical weakness and disease. Forever dispelled from my mind are those race beliefs that would hold me subject to woes of the flesh. I rise to the consciousness of my innate spiritual perfection, which is now being expressed in my physical organism as perfect health. Firmly convinced that the truth of my health is now appearing,

now manifesting, now here, I begin life anew.

I know today that I am emerging into a new world, the world wherein only Truth, peace, love, life, and substance hold sway. I live in the world of Spirit, untouched by negative beliefs, unaffected by ignorance, superstition, and fear. I live in the heavenly kingdom of God now appearing as God's idea of man's perfect world and environment. I live in the kingdom of peace, love, justice, and beauty. I live in a new world. I begin life anew!

I go forth this day holding those high ideals which cause my vision to be centered upon the spiritual heights from which come true inspiration, illumination, and revelation. I lift my vision to those heights from which I am illumined by the light of Spirit. Light is shed upon my path. All things that I need to know this day are revealed to me. I am illumined and inspired by the light of Spirit now burning within my breast. Knowing that God, His light, and His inspiration attend me wherever I go, I begin life anew!

I go forth radiating light, Truth, peace, harmony, and joy to all whom I contact. The sun of Truth—the son of God within me—shines gloriously upon all whom I meet. Christ within me is alive. Spirit within me speaks to Spirit in those whom I greet this day, and the message of light, love, and joy flashes to the ends of the earth. I begin life anew today because I constantly behold newer and newer visions of beauty and holiness.

TRUE VALUES AND PROPER ESTIMATES



A WELL-BALANCED life must be fortified by a mind in which things and situations are given proper estimates, a mind having a true sense of values. The study of Truth—of the right relation between God-in-man and things of the world about man—tends to develop and to secure the balance that is essential to well-being.

The study of Truth gives us a true understanding of values because it holds up a standard by which all things in life and in the world are to be judged. Truth, then, becomes the blue print, chart, or compass by which the so-called values of the world are to be tried, tested, measured, or gauged. To the student of Truth, the value of things of the world must be determined by their relation to things of Spirit. We can see instantly that this test is a severe one, since by it many things of the world are rendered conspicuously valueless.

In the study of Truth we are continually called upon to recognize the indisputable value of understanding, harmony, love, fearlessness, life, health, and success. By such a recognition, by perceiving the true values in life, we by inference admit the insignificance of the things that are in opposition to these values. We can see that the habit of recognizing the power of love and its omnipotence reduces the claim of hate to nothingness. Hate has no value in comparison with the value of love.

There are those who estimate some unim-

portant situation very highly, give it a great deal of thought, and allow it to usurp the place that something of importance should occupy. Such persons lack the faculty of making proper estimates. There are things in life that should occupy places of prominence in our estimation, and there are those which should have no place, no power, no consideration.

A person who is said to be mentally unbalanced may have got himself into such a mental state through allowing an overestimate to be given to some insignificant affair. He has improperly estimated something as having a great deal of importance, when in reality it has none. He has allowed the memory of some little word or deed to be nourished by hurt feelings, jealousy, or prejudice until it has assumed gigantic proportions. The situation or thing has not been kept under his control, or held in what should be its right relation to other things.

The individual who allows his personal feelings to build up a Frankenstein monster but erects, through lack of a true sense of values and through failure to properly estimate the worth-while things in life, something for which he must give account, possibly, at the expense of mental and physical health. His only remedy and relief must be that which would have acted in the first place as a preventive—a true understanding of values, the ability to make proper estimates.

The man who harbors a personal grudge to the detriment of his business and success, the

woman who will allow herself to indulge in a personal revenge at the expense of losing many friends, the individual who will spend a lifetime brooding over some little sin of the past, are examples of those who fail in their estimates and values. A person who can magnify the importance of nothing to the exclusion of things worth while is sadly in need of a standard of judgment by which he can appreciate the true values in life and make correct estimates.

You can gain a better balance, can establish things in their right relationship, by ceasing to think about the situation that may have troubled you and giving more thought to other things. If you have been entertaining thoughts of personal animosity, you must take your mind off every situation involving animosity and think thoughts of love sufficiently to reduce animosity to nothingness. Your love must grow until it is of sufficient strength to overcome the monster of hate that you have built up.

Place the right value on spiritual things and you will cease to give value to things of personal consciousness or things of so-called worldly value. Place the proper estimate upon the situations of the day and they will be kept in right relationship with other things in your life. You cannot give undue importance to matters of personal consciousness when you are able to estimate them correctly. You cannot overvalue little circumstances in life when you properly value the things of Spirit and of Truth.

FAITH UNYIELDING



HAVE YOU developed the degree or quality of faith that is unyielding and immovable in time of need? Can you stand still in times of stress, free from all personal worry or vacillation, knowing that God in the midst of you is greater and mightier than the seeming problem or appearance of the adverse that confronts you? If you can, then yours is a faith unyielding, a faith established in Truth and understanding, a faith grounded on the very rock of spiritual conviction.

When things seem most distressing, when the outlook is disturbing, when you are inclined to "feel blue," where, then, is your faith? When persons and things seem to conspire against you, where is that exalting and heavenly realization that God alone is all in all? If, in such times, you can calmly and coolly look past appearances that present themselves, if you can still the mental argument that disaster is ahead, if you can see the unreality of things held in personal consciousness, then you have an abiding faith. Your faith is established in spiritual understanding. You are secure. Nothing in heaven or earth can move you if your faith is in God, the good.

Faith is so important in our overcoming that a whole chapter in the New Testament—the 11th chapter of Hebrews—is devoted to it. The opening lines, according to the Weymouth version, read as follows: "Faith is a confident assurance of that for which we hope, a convic-

tion of the reality of things which we do not see. By it the saints of old won God's approval. Through faith we understand that the world came into being by the command of God, so that what is seen does not owe its existence to that which is visible."

When we have a confident assurance of the reality of the thing for which we are praying, when we have a well-grounded feeling of being convinced of God's supremacy, we see at the same time the nothingness of the thing that has seemed to disturb us. Our faith is unswerving, firm, immovable. In one edition of his translation, Weymouth calls faith a well-grounded assurance.

When we cease to believe in the reality of adverse appearances we gain a conviction of the reality of things that we do not see. We behold the reality of God, Truth, peace, faith, love, and life. We have such an inner conviction of their reality that we do not yield our hold on faith when appearances to the contrary would try to swerve us from the path of light and faith.

Faith is truly a confident or well-grounded assurance of the reality of God, the good—a confident or well-grounded assurance of the nothingness of evil. We develop unyielding faith through understanding what faith is and through practicing it. As we meditate upon the allness, the omnipotence, of God we lose sight of the power of adversity. As we understand the true nature of God we pledge ourselves to Him and have absolute faith in Him at all times.

How can we increase our faith in God as our health? Consider. Is God within us less omnipotent when we believe ourselves to be ill? Do we have recourse to God in times of sickness as well as in times of health? To those of unyielding faith, God continues to be omnipotent at all times. To those whose faith is unaffected by adverse appearances, God is still the one and only presence and power. Upon these truths their faith is grounded, increased, and demonstrated.

Where is God in times of need? Shall we allow the appearance of lack to weaken our faith in God as substance, support, and supply? Shall we allow ourselves to doubt God when we fail to see that He is at hand helping us? Surely, we must not doubt God when we do not see Him. Most assuredly, we must be faithful to Him, have a confident and well-grounded assurance of His presence and help, when we need Him most.

Faith unyielding! Faith unmoved by appearances or doubts! Faith giving us confidence and well-grounded assurance and conviction! Faith that causes us to look away from appearances and to put our hand in the hand of God! Faith that causes us to sense God's presence, love, and power! Such was the unyielding faith of Moses, Abraham, Jesus, Peter, and Paul. Such must be our faith. Such is the faith that removes mountains, heals the sick, and multiplies the loaves. It is the faith that we, too, are developing, this faith unyielding.

OUT OF THE CLOUDS CAME A SUNBEAM

Out of the clouds came a sunbeam so bright,
All of the sky with its glow was alight;
Gazing high heav'nward, no cloud could I see;
Even the sunbeam shed glory on me.
Not all the clouds in the heavens could hide
That little sunbeam which shone with such pride;
All who looked skyward saw courage displayed;
In spite of the clouds, how the sun laughed and
played!

What if that sunbeam had sulked 'hind the cloud?
What if its bright, shining face had been bowed?
What if it, too, had let mists hide its smile?
Earth would have known naught of sun all the while.
But, when the sunbeam was bursting with light,
It bored through the clouds with its shafts long and
bright;
It gave them a push and a thrust and a peck,
And not all the clouds could, then, hold it in check.

Once, on the face of a man I beheld
A smile, though his pride had been hurt, had been
felled;
Full many a man would have lowered his head;
Many would think of his spirit as dead;
But right through the sorrow a sunbeam shone
bright;
And all the world 'round him was filled with his
light;
And all who looked toward him saw courage displayed;
In spite of his clouds he still laughed and he played.

THURSDAY, JANUARY 1

RESOLUTIONS FOR THE NEW YEAR

By GRENVILLE KLEISER

I WILL start the New Year bravely
With a true and noble aim;
I will give unselfish service
To enrich another's name.

I will speak a word of courage
To a soul enslaved by fear;
I will dissipate drab discord
With the sunshine of good cheer.

I will be sincere and humble
In the work I have to do;
I will praise, I will not censure,
I will see the good in you.

I will keep my mind and body
Sound and flexible and pure;
I will give my time and study
To the things that long endure.

I will do what I am able
To advance a worthy cause;
I will strive to lessen evil
And obey God's righteous laws.

I will pray to Him to guide me
In the straight and narrow way;
I will shun false pride and folly,
I will live my best today.

I am resolved what to do.—*Luke 16:4.*

FRIDAY, JANUARY 2

The joy of Spirit within me fills me with joy and, under all conditions, I am joyful.



WE MUST learn to find that our joy is something that is not affected or changed by conditions about us. Joy comes from Spirit and continues to issue forth from the center of our being, unless we permit ourselves to be affected by external things. When we believe that persons, things, and conditions can affect our joy, then we cease to feel its presence. When our attention is directed to things external, it is turned from Spirit within us.

A person loses the spirit of joy when his thought is centered upon the things that destroy joy. If he thinks of the world—its people, things, and events—as having power over him, he seemingly breaks a connection with the inner life and his spiritual forces. He loses his connection with joy, the joy of his indwelling Lord, when he makes an identification with those things which would rob him of joy. He must find joy within himself before he can find its reflection in the world about him.

Find the spring of joy within you and keep yourself consciously in touch with it.

My soul shall be joyful in Jehovah:
It shall rejoice in his salvation.

—Psalms 35:9.

SATURDAY, JANUARY 3

My faith is sufficient to carry me through any situation.

WHEN WE have sufficient faith in Christ within us, faith in the power of our divine self over the claims of supremacy made by things of the world, we can succeed in any situation. Nothing can oppose or thwart the work of Christ. Our faith in Him summons His power to aid us. Our battle becomes the Lord's.

There is no place for doubt or unbelief when we have perfect faith in our power to do all things through the Christ Spirit within us. The old argument of the mortal man that things can conspire against us or defeat us must be given up. Everything in the world must be subordinated to Christ.

To increase our faith in Spirit within us, we first decrease our faith in adverse and external things. We cease to believe in disease and lack, and we increase our faith in God as health and supply. We cease to think of persons and things as having power over us, and we increase our faith in God within us as all-power. Even the negative type of person has faith—faith in the presence and power of evil, disease, and misfortune. His work is to direct his faith to the positive things in life and to center it in Spirit.

The righteous shall live by his faith.—*Hab. 2:4.*

SUNDAY, JANUARY 4

*Through my consciousness of health
I free my body from every limited be-
lief about it. My body is a spiritual
temple.*



ODAY we are to change our thought about the body. We are to cease thinking of it as a thing of impurity or disease. We are to behold it in mind and in Spirit. In "Talks on Truth" we read:

The body is the instrument of the mind; no one has ever seen his real body as it is in the sight of God, except through the mind. The body of flesh, bones, and blood that the eye of sense beholds is not the true body any more than the heart of flesh is the true organ of love.

After we grasp the truth about the body we are ready to express the truth and to see it manifest as a spiritual body. Through our thought we transmute former beliefs about the body into the truth about it: we transform the body by so doing.

Give up limited beliefs about your body and entertain beliefs in its perfection in Spirit. Let no adverse belief about your body as being sinful or wrong reign in your mind. Let no adverse belief manifest in your body as weakness or disease. Keep the vision of it as a body spiritual, perfect, radiant.

Let not sin therefore reign in your mortal body.
—Rom. 6:12.

MONDAY, JANUARY 5

In the consciousness of my spiritual identity, I proclaim my perfect freedom.



IF WE identify ourselves with Spirit, the unrelated and absolute, we at once establish our freedom from things of negation and limitation. Spirit is unrelated to things that are limited and adverse. In spiritual consciousness we are related only to Spirit and things of Spirit; therefore, we are free from inharmony, disease, and lack.

To proclaim your perfect freedom, first establish your true relation to things of God. If you would be free from adversity, you must lift your thought to God. You must know that, in your freedom to partake of God's bountiful blessings, you are also free from every man-made limitation. You are free from restrictions when you perceive the freedom of spiritual consciousness.

As the son of God you are entitled to perfect freedom, since in spiritual consciousness there is nothing to bind you. You can be free only to the extent that you are conscious of your freedom from any belief in limitation, and according to the measure of your realization of your spiritual identity. In Christ you are eternally free.

Ye, brethren, were called for freedom.—*Gal. 5:13.*

TUESDAY, JANUARY 6

*I have no relation with so-called evil.
Unified with God, I manifest His goodness
in all that I think, say, or do.*

WE EITHER THINK evil and adversity, and cause inharmony, disease, and failure to appear, or else we think thoughts of Truth and good, and manifest peace, truth, good, health, and plenty. By thinking thoughts of evil we relate ourselves to that which the world calls evil. By thinking Godward we unite ourselves to the things of God.

To the person established in Truth there is naught but God, the good. In his whole world there is only God appearing as omnipresent good and manifesting in the form and nature in which He can best serve man. The person who studies the truth of God comes to the realization that in reality evil has no presence, being, or power. To such a person God, the good, is all in all.

If you would cast evil from your world you must disconnect yourself from evil by breaking the connection that has been made with it by your thought. Evil cannot claim you for its own when you cease to claim it as something belonging to you. Do not claim evil, sin, disease as your own.

Let thy saints rejoice in goodness.—II Chron.
6:41.

WEDNESDAY, JANUARY 7

I am not anxious or worried about myself, any person, or any thing. I trust God to bring good to pass.

YOU WILL free yourself from the habit of worry when your mind is so filled with thoughts of God and with trust in Him that there is no room for anxious thoughts. After all, anxiety must be considered as strictly mental, since we have only to substitute for it a constructive thought to find it disappearing from mind.

Since anxiety is based upon a belief in the power of persons or things, our deliverance comes through replacing such a belief with a belief in the power of God, the good. If we trust in God, knowing that He is at work in our affairs, that He is bringing good to pass, never delaying or withholding His help, always powerful to overthrow the seeming power of evil, then our trust will be rewarded by freedom from anxiety and worry.

When we realize that God within us is omnipotent, greater than the thing that we fear, we have no difficulty in allaying anxiety and worry. We take from persons and things their seeming power to harm us when we realize the truth of God's omnipotence and of our oneness with Him.

Be not anxious how or what ye shall speak.
—*Matt. 10:19.*

THURSDAY, JANUARY 8

At peace with Christ within me, I find myself at peace with all persons and all things.



WE FIND perfect peace when we turn from the things that seem to disturb us and turn to Christ, the very source of peace and harmony, within us. We find that nothing in all the world can compare with His peace. We discover that no person or thing in the whole universe can take our peace from us when it is centered in Christ.

Do you want peace? Are you hoping to find harmony in life? Then cease to look to outer things to give these to you. No longer think of peace as something to be found in the external world.

Some persons think of a state of perfect peace as something abnormal. But peacefulness should be thought of as a most normal condition, since it is but man's recognition and realization of his oneness with Christ within him. When we realize Christ's indwelling presence, we are in perfect peace. At peace with Christ, we become at peace with ourselves and with those about us.

We take a step toward mastery of the world when we cease to believe that it can master us. We bring it to our feet when it no longer has power to destroy our peace.

Be at peace among yourselves.—*I Thess. 5:13.*

FRIDAY, JANUARY 9

In the consciousness of my life in Christ, I am eternally alive.

DO YOU want more life? Would you be more alive in mind and in body? Then wipe from mind any belief that you can be limited in life. Do not think of life as insufficient, limited, or ending. Cease to place restrictions upon life, your life. Know that in Truth life is from God—truly, life is God.

Rise to the understanding and consciousness that, through God within you, you are related to bountiful life, all that you need for living a full and complete life. Meditate upon life until you become thoroughly alive with it. Know that the life of God is your life, and you will never feel that your life is narrow, insufficient, or limited.

Learn to live in the great universal world, in which there are no restrictions upon your life. Live so near to God that you feel His life surging through you as your own. Know it as purifying, vitalizing, strengthening life. Think of it as something unending and eternal, something that never ceases, never dies. Keep yourself in mind as an expression of God's life, and think of Him as continuing to live in you, and of yourself as living in Him. In God you live.

In him we live, and move, and have our being.
—Acts 17:28.

SATURDAY, JANUARY 10

*Man, created in the likeness of God,
is without blemish or stain. I am God's
perfect creation.*



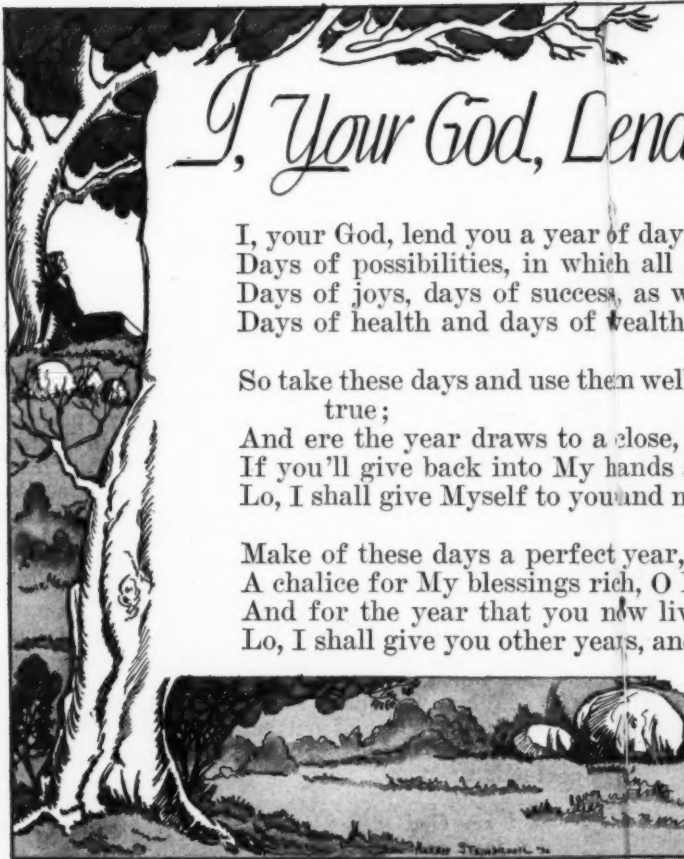
ARE YOU inclined to think about your limitations or imperfections? Give up the habit of mentioning "my imperfections," "my faults." As long as you think of your faults, look at them, or mention them, just so long will you bind them to you.

If you see yourself existing in the world of appearances as something distorted, something blemished, something imperfect, you will become that distorted, imperfect thing. You may say, "But that is what I am." No; in Truth, you are created in the image and after the likeness of God. The thing that you may appear to be falls short of your perfection as seen in Spirit. Your work is to behold yourself as seen through the eyes of God.

Man is Divine Mind's meditation on, or reflection of, itself. Man, therefore, is God's perfect idea of Himself—an idea of light, peace, love, life, and substance appearing in the visible world.

When you speak of yourself or any person as falling short of perfection, you are disloyal to the truth of man's divine birthright and perfection.

I am God Almighty; walk before me, and be thou perfect.—*Gen. 17:1.*



I, Your God, Lend

I, your God, lend you a year of days,
Days of possibilities, in which all
Days of joys, days of success, as well
Days of health and days of wealth.

So take these days and use them well,
true;

And ere the year draws to a close,
If you'll give back into My hands a
Lo, I shall give Myself to you and mine.

Make of these days a perfect year,
A chalice for My blessings rich, O Lord,
And for the year that you now live,
Lo, I shall give you other years, and



Send You A Year

of days to highly prize,
which all goodness lies—
ess, as well as sunny days,
f wealth, and days of love and praise.

then well—and make your dreams come

a close, to you I'll give your due;
y hands a year with love replete,
ound make your life complete.

ect year, a tapestry fine-spun,
rich, O My beloved Son,
a now live according to My will,
ears, and more, for you to fill.



SUNDAY, JANUARY 11

God, divine principle, the law of absolute good, is the law that governs me, my life, my health, and my affairs.



THE LAW of God operating in us and in all our affairs is a law of wisdom, peace, life, love, and success. A realization of this truth frees us from the belief that any adverse law, any so-called law of adversity or ill luck, can govern us or our affairs.

Those who think that they are subject to a law of disease or misfortune find that they are simply dominated by an adverse belief—their own adverse thought! They make an adverse law for themselves and thus put themselves under its dominion.

Do not think of ill luck as based upon law and of yourself as subject to it. Many a person keeps himself in what he calls “bad luck” through believing that evil and misfortune are working in his life as both the cause and effect of inharmony, hate, fear, disease, and failure. You can help such a one by helping him to change his thought, directing him away from the belief in ill luck and its “law,” establishing him in the truth that God, divine principle, the law of good, is the principle and the law of his life.

The law is good.—*I Tim. 1:8.*

MONDAY, JANUARY 12

*In love with Christ within me, I am
in love with every good thing.*



THE LOVE of Christ within me frees me from every kind of hate or fear. With Christ I cannot be without love. His presence inspires me to love at all times. His love frees me from personal animosity, envy, jealousy, and hate.

Take your eyes off personal things and center your vision upon Spirit. No longer look at the personal faults of others, or behold the things that seem to irritate you. Look at them through eyes of love. Let Christ within you shine upon them and bathe them in His presence of love.

Love is magical in its action. Inspired with love, we have power to rise out of unpleasant memories of the past. Filled with love, we cannot be filled with unloving thoughts. Love is the victor in all situations, and is mighty to conquer all opposition. In fact, love neither knows nor recognizes opposition.

Love is universal. It showers itself upon all persons. Love is generous, tolerant, and charitable. It gives of itself according to the necessity, without fear of depletion, for love is of God. They who love know God, and they who know God know how to love.

Walk in love, even as Christ also loved you.
—Eph. 5:2.

TUESDAY, JANUARY 13

I judge all persons and all things according to the standard of God, the good. God is divine justice and perfect judgment.

IF WE ATTEMPT to judge according to personal opinion or according to appearances we fall far short of perfect judgment. The standard of God, perfect judgment, can be attained only through spiritual consciousness. When we rise to the heights of spiritual knowing, our spirit senses the manner in which God judges. We feel within us a freedom from the old standards.

Are you inclined to misjudge others? Then give up the old personal way of looking at persons and situations. You will find yourself relieved of poor judgment. Do you exercise poor judgment in your business decisions? Then learn to get still and turn to God within you. You cannot make a wrong decision when God makes it for you.

You exercise good judgment when you have the approval of God within you. You realize that you and personal judgment have given way to witness the perfect judgment and justice of the Father.

He will judge the world in righteousness,
He will minister judgment to the peoples in up-
rightness.

—Psalms 9:8.

WEDNESDAY, JANUARY 14

I am not impatient over the outcome of events in my life. I patiently witness good coming to pass.



WHEN WE are impatient we show a tendency to lack faith in the power of God to bring good to pass. We seem to believe that external things can prevent the action of God from taking place. We believe in time as a negative factor and that a delay will prevent help from coming to us when it is most urgently needed.

Those who are impatient must learn to know more about God, His presence within them, His power to help them in all situations. They must give their thought not to the power of opposition but to the might of God. They must firmly believe that God is in their very midst and that He is busily engaged in bringing order out of chaos, justice out of injustice, and success out of failure.

Can you understand the source of impatience and what is necessary in order to develop patience? Do you see that the belief that you have entertained in the power of evil must be transformed into faith in God? You will find yourself losing the spirit of impatience when you have learned to turn to God within you, knowing that nothing can work against Him.

Let us run with patience the race that is set before us.—*Heb. 12:1.*

THURSDAY, JANUARY 15

*God, the source and giver of all good,
is ever blessing me, and I rejoice to
enumerate my many blessings.*

IF YOU would increase your blessings—and who does not desire to do so?—count them over. Every time you count them you will find new ones that you had previously neglected to see or enumerate. You will discover yourself in a world of blessings.

"But," you ask, "does every one have some blessing?" Is not the fact that he is a child of God a blessing? Is not the knowledge of Truth into which he is coming a blessing? Is not his ability to increase his blessings through his knowing God a blessing in itself? You can see that we just cannot get away from our blessings. As long as we remain children of God—which will be for an eternity—just so long shall we continue to be abundantly blessed.

Avoid the common habit of bemoaning your lot or the tendency to think of yourself as unfortunate. Change your mental attitude. Think of yourself as receiving blessings at all times, and put yourself in line to receive more of them. You can do this through thinking correctly. Your positive mental attitude makes you receptive to the positive things in life.

I shall come in the fulness of the blessing of Christ.—*Rom. 15:29.*

FRIDAY, JANUARY 16

My consciousness of God's omnipresence saves me from all adverse experiences. He is my salvation.

IN ORDER to free himself from all belief in the power of evil to cause adversity to appear in his life, a person must center his thought in God, the good. He must believe in God's omnipresence. A realization of this truth frees him from belief in the reality, presence, or power of evil.

Salvation comes through spiritual thought. Only to the extent that a person has faith in the power of God to save him can that one be saved. He can be saved from evil, sin, disease, and misfortune only to the degree that he ceases to believe in these and pins his faith on God.

Do you want to be saved from some adverse experience? Do you want salvation applied to some temporal need? Remember that God's salvation is not limited to salvation of the soul. He is mighty to save you from any experience unbecoming you, His child, His likeness and heir.

Turn your eyes heavenward. Think of the power of God as rushing to your aid. Behold God in His omnipresence surrounding and enfolding you with His peace, love, protection. Know that even at this moment He is saving you from some unhappy experience.

Look unto me, and be ye saved . . . for I am God, and there is none else.—*Isa. 45:22.*

SATURDAY, JANUARY 17

Today is my day of days. I live in the glories of the eternal now, the time of Spirit.

WE MUST LEARN to live in the present moment. When we live in the unpleasant memories of the past or look to the future for our happiness we but live in a visionary world. We can readily see that the present time is the only time in reality.

You can bring happiness into your life today as well as any other time. If you continue to reach forward for the blessings in life they will always seem to be just ahead of you, just a little bit beyond your grasp.

Think of yourself not only as enjoying life today but as enjoying life's richest blessings right at the present time. There is no time like that of the present moment, since all other time is relative or speculative.

To live life to the fullest you must so discipline your thinking that every thought contrary to the enjoyment of blessings right here and now is cast from your mind. You must learn to live in the conscious realization that you are in such close relation to God that His every blessing is yours at the present moment. Cease to live in the yesterdays or the tomorrows. God is your Father, the giver of all things.

This day is a day of good tidings.—II Kings 7:9.

SUNDAY, JANUARY 18

Thinking thoughts of Truth, life, and love, I am at one with the very mind and intelligence of God, my Father.

THOSE WHO think high, noble, constructive, and spiritual thoughts are attuned to Divine Mind. They find that these constructive thoughts are an antidote to baser, negative, and adverse thoughts. They discover that God Himself is a power and force for good, operating in their minds and acting in their affairs as spiritual might.

Were we to think of Divine Mind as something apart from us, we should need to think of minds many, of separation of the son from the Father, of duality of thought and purpose. Do not think of God as something with a brain, apart from you; separate from your mind, life, and existence. God to us is known only through the higher realms of mind and Spirit. Divine Mind to us is our own spiritual consciousness.

What you call your carnal or mortal mind is simply that in you which prompts carnal and mortal thoughts. Thoughts that are in opposition to Divine Mind do not constitute or emanate from a second mind.

God in the midst of you is your mind of Truth, your loving thought, your spiritual consciousness.

Be ye therefore of sound mind.—*I Pet. 4:7.*

MONDAY, JANUARY 19

*The light of God within and about me
illuminates, inspires, governs, and guides
me.*



THE LIGHT and inspiration of God, the Father, continues to illumine and inspire us, His children, throughout all time and under all circumstances. How strange a father God would be were He to deny His sons the benefit of His wisdom, intelligence, and understanding!

We must learn to think of illumination and wisdom as something natural to us, something that is inherent within us from the time of creation. We need to think of the light of God as ever shining at the center of our being, ever directing us, ever revealing the fullness of God to us.

Your inherent wisdom is sufficient to meet any issue of the day. You have recourse to light upon any situation. God in the midst of you is mighty to illumine you and to reveal to you anything that you need to know. Nothing can be hidden from you when you are conscious of the presence of divine light within you.

The light of God is your light, burning and shining within you as infinite wisdom and intelligence.

Thou wilt light my lamp:
Jehovah my God will lighten my darkness.
—*Psalms 18:28.*

**AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY**

January 20 to February 19

*I am illumined and inspired by the
Christ within me.*

*I am strengthened and healed by the
power of the Christ within me.*

*I am abundantly supplied with all
good by the Christ within me.*

TUESDAY, JANUARY 20

The healing thought, word, and power of God expressed in my mind and my body delivers me from weakness and disease. I am healthy!



HE TRUTH and power of God expresses itself in man's mind and body as peace, health, life, and strength. When this healing power is felt within us, we are compelled to relinquish all belief in disease and weakness. We are quickened to health and wholeness.

Somehow we feel within us that health is our normal and natural state. Disease is something foreign. Disease is entirely short of the ideal that we have of perfect man, the high ideal that we have for ourselves. We rise out of disease when we rise out of the thought that causes it. We clear from mind the belief in negation, evil, disease, hate, and fear that causes disease to be outpictured in and imprinted upon the body.

We maintain health when we keep in the consciousness that God within us is health, life, and strength. No adverse belief can sway us from this viewpoint.

Keep yourself in health by living so near to God, your life and strength, that you become at one with Him.

All flesh shall see the salvation of God.—Luke 3:6.

WEDNESDAY, JANUARY 21

Established in the consciousness that God is the source of my prosperity, I readily demonstrate and manifest the supply that I need.



WE HAVE power within us to cause our supply to manifest whenever we need it. We have but to turn to God within us and to recognize Him as our supply and support. He is the source of our prosperity, the very substance of our substance, our inexhaustible riches.

It would be a negative Christianity that would fail to recognize God as man's supply. If man cannot look to God for the necessities and comforts of life, life indeed would be but a time of poverty, a place of squalor. Practical Christianity offers us the philosophy and truth of God's gift to man—Himself in whatever form He can best serve man. If man needs food, God appears as manna from heaven, living bread for man's soul and body.

Give up the medieval idea that you are nearer God when you are without supply. Famines and panics do not bring spiritual-minded men to view. Man is perfect and complete only when he is able to live fully and happily on all planes of existence.

The Almighty will be thy treasure,
And precious silver unto thee.

—Job 22:25.

THURSDAY, JANUARY 22

The Truth of Christ now dawning upon my consciousness eradicates every false belief. The Truth of Christ is the truth of my life.



WHEN THE TRUTH of Christ dawns upon us, it proves to be of such force that we give up preconceived ideas of limitation and adversity. We cannot know the Truth of Christ—the truth of our health, our supply, our oneness with God—and at the same time entertain falsehoods about life.

We like to think of the philosophy of Christ as “the Truth.” No teaching in the history of the world is so important to man as this one, since it gives him a demonstrable truth for every field of his action. It is the truth that dispels lies that have been believed for a lifetime.

The Truth of Christ puts an end to the belief that man is under the dominion of disease and poverty. Jesus gave this Truth to a race in bondage to adverse belief so that its people might resurrect themselves out of disease and adversity. His words, “Know the truth”—the truth that would set them free from the woes of ignorance—exhorted them to rise out of disease and poverty through knowing the truth about health and plenty.

Grace and truth came through Jesus Christ.
—John 1:17.

FRIDAY, JANUARY 23

God within me is mightier than any thing or situation in my world. Through Him I can do all things.



THINK OFTEN of God as being in the midst of you—your strong tower, something immovable, a presence unaffected by things and conditions of the outer world. A realization of this truth will do two things: free you from the belief that persons and things of the world can harm you or your well-being, and also establish you in the power of God in the midst of you.

John knew this truth and told his followers that God within them was greater than the one who was in the world. What a revolutionizing statement! If we always realize that we have something within us that is mightier than the outer world, then nothing in all the world can cause us to be afraid, can subject us to itself, can defeat our purpose. Neither pestilence, contagion, nor famine can affect that person who is centered in the Truth of God within him. No evil thought can come nigh him.

Knowing God within you as your light, peace, life, and love, you will not let any external thing take these away from you. You will be secure in God, and He will remain within you.

God is greater than man.—*Job 33:12.*

SATURDAY, JANUARY 24

I relax from all tension and rest in the consciousness that God's presence soothes, refreshes, and restores me.



ARE YOU given to the habit of becoming tense in mind and in body? Do you want to relax? Do you crave refreshing sleep? Then relieve your mind of those thoughts that produce tension. Cast your burden upon the Lord. Cease to brood upon your responsibilities. Do not look upon life as a burden, or question whether or not it is worth living. Have done with troublesome thoughts. Cast them far from you. Begin to live!

When you retire at night, do not take your so-called worries to bed with you. Relax! Relax mentally and physically. Forget about the experiences of the day or plans for the morrow.

When you awake in the morning, you will be refreshed. You will take up your duties for the day with a sense of being master of them. You will find that relaxation has given you power—power to go forth without tension, power to bring victory to yourself, power to make your world feel and know that there is a force within you that makes you unafraid, victorious, triumphant.

When thou liest down, thou shalt not be afraid:
Yea, thou shalt lie down, and thy sleep shall be
sweet.

—Prov. 3:24.

SUNDAY, JANUARY 25

The quietness and stillness of Christ pervade my whole being, and I, too, am still.



HERE IS power in silence and stillness. We practice going into the silence, becoming very still, becoming conscious of the peaceful presence of God, in order to become filled with the mighty power that emanates from God. Silence is often spoken of as more effective than sound. Stillness is more impressive than noise. Quiet gives us a sense of peace indescribable.

To the troublesome thoughts that surge up within you, say, "Silence." Speak the word with the conviction that it has within it power to put to silence all noise and confusion. Even the word "silence" carries with it strength and might, since silence is of God. He creates in silence, without noise or show.

When things seem to be troubling you, become silent. Enter into the quietness and stillness of God. Commune with Him in silence. Your mind, soul, and body will be soothed. You will be renewed. You will have proved for yourself what the stillness of God can give you. The practice of the silence will become a good habit. You will learn to enter the silence when necessary to do so, and to feel God's brooding presence.

Be silent, all flesh, before Jehovah.—*Zech. 2:13.*

MONDAY, JANUARY 26

God, the I AM in me, speaks the mystical words, "I AM," and I realize that I am Infinite Being.



IN "Miscellaneous Writings," we find a whole chapter devoted to the "I AM." These lines appear:

I AM, then, is God's name. Every time you say, "I AM sick," "I AM weak," "I AM discouraged," are you not speaking God's name in vain, falsely?

I AM cannot be sick; I AM cannot be weary, or faint, or powerless; for I AM is All-Life, All-Power, All-Good.

We see that the I AM in us is that which is God and of God. It is that which lives, loves, and endures. It is unaffected by things of the outer life. It is that within us which in time of trouble, at the time when we are inclined to give weight to the power of things of the world, says to us, "Turn to me! I AM! I AM of God! I AM eternal!"

The I AM within you is that something which has gone with you through trial and tribulation and still sings its song of victory. It is that within you which is the divine you, the spiritual self, the holy half of you, the livingness of soul and Spirit, the presence celestial.

I AM THAT I AM.—*Exod. 3:14.* (Footnote: I AM, BECAUSE I AM, or, I AM WHO AM, or, I WILL BE THAT I WILL BE.)

TUESDAY, JANUARY 27

I no longer accuse or condemn myself or others. I forgive!

FORGIVENESS, often, is but a matter of letting go, yielding personal pride, and giving up unpleasant memories. The process is purely a personal and mental one. We readily forgive ourselves when we reach the point where we can change our ideas. We give up the old belief for the truth of freedom.

About the same process takes place when we forgive others. Another factor then enters into the situation. We realize that we have no right to accuse another. We see that our part is not to condemn a fellow man. We find that in forgiving ourselves this error we can easily forgive the other person what seems to be his mistake.

To forgive another, a person must see as nothing the event that causes the difficulty. He must realize its unreality in Spirit, its nothingness in absolute Truth. He cannot release it from mind if he continues to think of it as something that has power over him or his life.

To forgive, let go. Live your vision. Lift your eyes to heaven and behold the heavenly vision, yourself and your loved one each freed from condemnation, forgiven and loved.

Forgive us our sins; for we ourselves also forgive every one.—*Luke 11:4.*

WEDNESDAY, JANUARY 28

*The Spirit of God—the Spirit of light,
peace, health, and success—attends me,
and my way is the way of joy and suc-
cess.*

WERE WE to consider our way in life as one of unpleasantness and failure we indeed would find life something of hardship and pain. We would feel that God had no part in our life. We would seem to go our way alone, simply making the most of situations, blown here and there by the action of fate, a prey to adversity and misfortune.

As we realize that God is with us at every step of the way, that in Truth He attends us and inspires us to joy and success, life takes on a new meaning. Our way becomes one of joy. Life unfolds as a most pleasing canvas before our eyes. Life is good: to live is sweet.

Are you uncertain about your life? Wondering about what you should do? Wanting to be shown the path that you should take? Turn to God within you, feel that He is with you at all times, that He walks your path, directing you into ways of joy and success. Be willing to lead the impersonal life, the life of selflessness and personal sacrifice, in order to lay hold of the richer things in life that God has in store.

Jehovah knoweth the way of the righteous;
But the way of the wicked shall perish.

—*Psalms 1:6.*

THURSDAY, JANUARY 29

The work that I do is blessed by the Spirit of wisdom, order, justice, and prosperity, because I know that I am about my Father's business.



WHEN WE are centered in the consciousness of Truth we see that, regardless of what we do, we are but instruments of Spirit and all that we do receives Spirit's blessing and approval. No one's work is too menial or insignificant to receive such a blessing, if one lives in Truth.

If you cannot conscientiously bless your work and feel that the very Spirit of God is in it, then change it. You want to be expressing the best that is within you, or else to feel that the work that you are now doing will prove a stepping-stone to that goal. You want to know that your work is directly or indirectly proving a blessing to yourself, to those nearest to you, or to the world. You need to realize that the very Lord Himself is favorable to the work of your hands or the product of your brain.

The right mental attitude toward your work will cause you to see life in a new way. You will cease to think of yourself as laboring.

A righteous man thinketh that which is righteous. And whilst he does so, and walketh uprightly, he shall have the Lord in heaven favorable unto him in all his business.—*Apocryphal New Testament (1 Hermas 1:10).*

FRIDAY, JANUARY 30

The Spirit of God within me makes me zealous and alive, and I am enthusiastic about all that I do.



WRITER once expressed this thought, "The eleventh commandment should be: 'Thou shalt not be unresponsive or lack enthusiasm.'" How delightful is that person who is enthusiastic. He is interested in life in all its phases. Life is continually opening up new delights to him.

If you want to become more interested in the experiences of life, first master yourself. Poise yourself in the Spirit of truth within you. See life through your inner eyes. You will see little comedies that you previously had missed. You will find joy in experiences that many a person would overlook. Life will pass before you as a grand panorama, and continually present new interests to you.

Be enthusiastic in your study of Truth. Be ardent in your living. Live vigorously, yet poised and centered in Spirit. Be responsive. Be thankful and appreciative. Let the Spirit within you express itself without fetters or bonds.

Be zealous for the better things in life and you will find them drawn to you. Your zeal will be the magnet that draws the best things in life your way.

Be zealous therefore.—Rev. 3:19.

SATURDAY, JANUARY 31

All my thoughts and all the things of my world are now placed in divine order. Every situation in my life is now adjusted.



THE AFFAIRS of our life come under a spirit of orderliness when our thoughts are in order. Every disorderly condition is transformed. Chaos turns to order, and harmonious personal adjustments are made.

Pope wrote, "Order is Heaven's first law." Seeing God's world as one of order, we have a perfect example before us, showing that order must be observed if we are to be heavenly in thought and in deed. Of course, order must take place first in mind, thoughts must be put in order, before order can be expressed in an outer way.

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That thou shouldest set in order the things that were wanting.—*Titus 1:5.*



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